

How to Support Breastfeeding Mothers: Level 1 Staff Training

Introduction	<p>This training resource was adapted from the Mississippi WIC Program. Development was partially funded by USDA/FNS under the Using <i>Loving Support</i>® to Build A Breastfeeding Friendly Community Grant.</p>
Intended audience	<p>This training program is intended for use with employees who work for health care programs and organizations serving mothers and babies. Examples of target audiences include support staff, nurses, dietitians, and others who interact with breastfeeding families. The program provides basic information about how breastfeeding works and how to support breastfeeding.</p>
Training manual contents	<p>The training manual includes the following materials and resources:</p> <ul style="list-style-type: none">• Program description• Presentation note pages• CD with 58 slides and other documents• Directions for the game activity• Handouts printed 6 slides/page• 3-Step Counseling Desk Reference (fact sheet)• Certificate of attendance (generic)• Tips for obtaining CEUs for registered nurses and dietitians, reporting forms, and certificates of attendance• Resources for trainer<ul style="list-style-type: none">• American Academy of Pediatrics. Breastfeeding and the use of human milk. <i>Pediatrics</i> 1997; 100(6): 1035-1039.• American Academy of Pediatrics. The transfer of drugs and other chemicals into human milk. <i>Pediatrics</i> 2001; 108(3): 776-779.• <i>Best Start's Trainee Workbook: 3-Step Counseling Strategy</i>• Resource lists from the Iowa Lactation Task Force• <i>Breastfeeding Bookfinder</i> (annotated book list for consumers)• Sample WIC outreach materials• Session evaluation form (for trainees)• Feedback form (for trainers)

Note: All materials were developed by the Iowa WIC Program unless credited otherwise.

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How to Support Breastfeeding Mothers: Level 1 Staff Training, Continued

Other resources in training kit	<p>Additional resources accompany the training manual including the following:</p> <ul style="list-style-type: none">• Mississippi WIC Program. <i>Breastfeeding: Another way of saying “I love you”</i> (videotape)• Best Start Social Marketing. <i>Health Care Providers’ Breastfeeding Support Kit</i>• La Leche League International. <i>The Breastfeeding Answer Book</i>. Schaumburg, IL: La Leche League International, 2003.• Iowa Lactation Task Force. <i>Breastfeeding Promotion and Support Guidelines for Healthy Full Term Infants</i>. Iowa WIC Program, 2001.
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How to Support Breastfeeding Mothers: Level 2 & 3 Staff Training

Introduction

This training resource was adapted from the Mississippi WIC Program. Development was partially funded by USDA/FNS under the Using *Loving Support*® to Build A Breastfeeding Friendly Community Grant.

Intended audience

These training programs are intended for use with professionals who work for health care programs and organizations serving mothers and babies. Examples of target audiences include nurse practitioners, nurses, dietitians and other health care providers who work directly with mothers and babies. support staff, nurses, dietitians, and others who interact with breastfeeding families. The Level 3 training program addresses high risk care.

Training manual contents

The training manual includes the following materials and resources:

- Program description
- Presentation note pages
- CD with 73 slides for Level 2 (55 slides for Level 3) and other documents
- Handouts printed 6 slides/page
- Certificates of attendance (generic)
- Tips for obtaining CEUs for registered nurses and dietitians, reporting forms, and certificates of attendance
- Resources for trainer
 - Iowa Lactation Task Force. *Breastfeeding in the 1st Week: A Counseling Guide for Health Care Professionals*, 1998.
 - Iowa Lactation Task Force. *Breastfeeding at 2 Weeks: A Counseling Guide for Health Care Professionals*, 2003.
 - Iowa Lactation Task Force. *Breastfeeding at 4 Months: A Counseling Guide for Health Care Professionals*, 2003.
 - Iowa Lactation Task Force. *Breastfeeding at 6 Months: A Counseling Guide for Health Care Professionals*, 2003.
 - Iowa Lactation Task Force. *Breastfeeding at 9 Months: A Counseling Guide for Health Care Professionals*, 2003.
 - Resource lists from the Iowa Lactation Task Force
 - *Breastfeeding Bookfinder* (annotated book list for consumers)
 - Sample WIC outreach materials
- Session evaluation forms (for trainees)
- Feedback forms (for trainers)

Note: All materials were developed by the Iowa WIC Program unless credited otherwise.

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How to Support Breastfeeding Mothers: Level 2 & 3 Staff Training, Continued

Other resources in training kit	<p>Additional resources accompany the training manual including the following:</p> <ul style="list-style-type: none">• Best Start Social Marketing. <i>Health Care Providers' Breastfeeding Support Kit</i>• La Leche League International. <i>The Breastfeeding Answer Book</i>. Schaumburg, IL: La Leche League International, 2003.• Iowa Lactation Task Force. <i>Breastfeeding Promotion and Support Guidelines for Healthy Full Term Infants</i>. Iowa WIC Program, 2001.• Smith, LJ. <i>Coach's Notebook: Games and Strategies for Lactation Education</i>. Sudbury, Massachusetts: Jones and Bartlett Publishers, 2002.• Morton, J. <i>A Premie Needs His Mother: First Steps to Breastfeeding Your Premature Baby</i> (videotape)• Foretich, C. <i>Yes, You Can Work and Breastfeed</i> (videotape)• Righard L and Frantz K. <i>Delivery Self Attachment</i> (videotape)• Hollister Incorporated. <i>Cup Feeding — Using the Ameda™ Baby Cup</i> (videotape)• Medela. <i>Supplemental Nursing System™</i> (videotape)• Frantz K. <i>Breastfeeding Techniques That Work! Volume 6. Hand Expression</i> (videotape)• Smith LJ. <i>A Healthier Baby by Breastfeeding</i> (videotape)
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